

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF ANKLE STRAPPING ON
AGILITY PERFORMANCE AMONG UiTM
PAHANG RUGBY PLAYERS**

MUHAMMAD EIZAT BIN MOKHTAR

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ABSTRACT

The purpose of this study was to investigate the effect of ankle taping on agility performance among UiTM Pahang rugby players. A total of twenty subjects (N=20); (20.25±1.12yrs; 171.60±4.14cm; 79.70±8.81kg) were involved in this study and selected through purposive sampling method. The study compared the differences between agility performance in pre-test (without taping) and post-test (with taping). Sample Paired T-Test was used as this study included pre-test and post-test using the group of subjects. During pre-test, all subjects performed three Illinois agility tests without any application of ankle taping. After an intervention trials of 24 hours, subjects performed the same test with the application of ankle tapings. Based on the Sample Paired T-Test result, there was no significant difference between agility performance without ankle taping and agility performance with ankle taping ($p = 0.461$). The overall result also indicated that agility performance without taping (18.23±0.95), and the agility performance with taping (18.38±1.23). To conclude, this finding suggests ankle taping does not affect positively the agility performances among UiTM Pahang rugby players.

***Keywords:* Rugby, Athletic Taping, Agility, Illinois Agility Test, Closed Basket**

Weave

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